

INDUS UNIVERSAL SCHOOL SAINIKPURI, SEC-BAD

MENU FOR THE MONTH MARCH (02.03.2026 TO 31.03.2026)

DATE	BREAKFAST	LUNCH	SNACKS
02.03.2026	poori & aloo besan	Green Salad, Roti, Plain Rice, Tamarind rice, Beans tomato curry, Spinach dal, Rasam, Curd, papad, Cut fruit	Bhel puri & juice
04.03.2026	Idly & Sambar Chutney	Cucumber Salad, Roti, Plain Rice, Tomato rice, Okra tomato curry, Sambar, Chutney, Curd, fryums, Semiya kheer	Onion pakodi & flavoured milk
05.03.2026	Masaladosa & chutney	Protein Salad, Roti, Plain Rice, Corn rice, Capsicum aloo tomato curry, Tomato dal, Rasam, Curd, papad, cut fruit	Pop corn & juice
06.03.2026	Vada & Sambar Chutney	Cucumber Salad, Roti, Plain rice, Mix veg rice, Beetroot dum Sambar, Chutney, Curd, Fryums, Bread halwa	Cornflakes & flavoured milk
07.03.2026	Tomato bath & Tomato Chutney	Sprouts Salad, Roti, Plain Rice, Coconut rice, Beans & carrot poriyal, Drumstick dal, Rasam, Curd, papad, cut fruit	Boiled sweetcorn & juice
09.03.2026	Chapathi & aloo kurma	Beetroot Salad, Roti, Plain Rice, Curd rice, ivy gourd dum, Sambar, Chutney, Curd, fryums, Boondi laddu	Manchuria dry & Milkshake
10.03.2026	Onion uttappam & chutney	Green salad, Roti, plain rice, Tomato rice, Meal maker tomato curry, bottle gourd dal, Rasam, Curd, papad, Cut fruit	Chitti vada & juice
11.03.2026	Idly & Sambar Chutney	Cucumber Salad, Roti, Plain Rice, Veg biryani, Paneer butter masala curry, Sambar, Chutney, Curd, Fryums, Gulab jamun	Bread jam & butter & flavoured milk
12.03.2026	Mysore bonda & Chutney	Potato white gram, Salad, Roti, Plain Rice, lemon rice, Black chana curry, Tomato dal, Rasam, Curd, papad, Cut fruit	poha mixture & juice
13.03.2026	Masala dosa & chutney	Cucumber Salad, Roti, Plain Rice, Carrot rice, Sorakaya tomato curry, Sambar, chutney, Curd, fryums, ice cream	Spring roll & flavoured milk
16.03.2026	Semiya bath & tomato chutney	Green salad, Fried Rice, Plain Rice, Noodles, tomato Soup, Manchuria, Onion dal, Rasam, Curd, Papad, cut fruit	Roasted chana & juice
17.03.2026	Methi paratha & mix veg curry	Green Salad, Roti, Plain Rice, Coconut rice, Corn palak curry, Sambar, chutney, Curd, Fryums, Gajar ka halwa	Aloo bhaji & flavoured milk
18.03.2026	Set dosa & chutney	Shredded Salad, Roti, Plain Rice, plain Bissi bella bath, aloo coconut fry, Tomato dal, Rasam Curd, papad, Cut fruit	Bhel puri & juice
20.03.2026	Semiya bath & Tomato Chutney	protein Salad, Roti, Plain Rice, Bagara rice, Brinjial masala Curry, Sambar, Chutney, Curd, fryums, Sesame laddu	pop corn & Milkshake
23.03.2026	poori & aloo besan	Sprouts Salad, Roti, Plain Rice, Carrot rice, Aloo & Green peas tomato curry, Mango dal, Rasam, Curd, papad, Cut fruit	Veg bullets & juice
24.03.2026	Idly & Sambar Chutney	Green Salad, Roti, Plain Rice, Roselle Plant Leaves Rice, Ridged gourd Soya kheem tomato curry, Sambar, chutney, Curd, fryums, fruit custard	Boiled Sweetcorn & Flavoured milk
25.03.2026	Onion uttappam & chutney	Potato White Gram, Roti, Plain Rice, Tomato rice, Dahi aloo Curry, Moong dal, Rasam, Curd, papad, Cut fruit	Bread jam & butter & Juice
26.03.2026	Masala dosa & chutney	Cucumber Salad, Roti, Plain rice, Corn rice, Bendi do pyaza, tomato Curry, Sambar, chutney, Curd, fryums, Pine apple rava kesari	Cornflakes & Milkshake
28.03.2026	Mysore bonda & Chutney	protein Salad, Roti, Plain Rice, Mix veg rice, Gobi aloo tomato curry, Bottle gourd dal, Rasam, Curd, papad, cut fruit	Aloo chat & juice
30.03.2026	Aloo paratha & mix veg curry	Salad, Roti, Plain Rice, Veg rice, Raw Banana masala curry, Sambar, chutney, Curd, fryums, shahi toast	punugulu & flavoured milk

Joshma
Canteen Supervisor

Principal
28/3/2026